

# The Buzz Bulletin

8/31/2017

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group

Edition 2, Volume 8

## Welcome to The Buzz Bulletin!

Well, did you all enjoy July and the sunshine? A little too hot at times during the day but just great in the evenings, when you get a chance to sit in the garden in your favourite chair with a drink in one hand and a burger in the other, thinking to yourself 'flipping heck, it was hot today!'. In a few months' time, we'll be moaning it's too cold!

## Exercise Group

The weekly gym sessions are still very popular! We have new member joining all the time as well as regular supporters. There is a great sense of camaraderie and everyone who comes tells us they enjoy it very much, not to mention the health benefits, so well done all of you! If you think you'd like to join in the fun, please speak to Alan. Sessions are held every Monday 11.45 – 12.45 at the leisure centre, Festival Place, Basingstoke. Due to popular demand, Derek Seaton is organising similar sessions over in Alton – details to be announced soon.

## The Blue Space

I would like to mention The Blue Space, as you may have heard, they offer a free service to cancer patients and their partners such as reflexology, massage and counselling at their centre in Wote Street, Basingstoke. On my last visit I was accompanied by Carol, my wife, and Albert Davies. We spent the most enjoyable morning with the ladies of The Blue Space and were treated to a lovely foot massage each (bliss!). Albert had his toenails clipped, and Carol received a pedicure, she was delighted! To add to our enjoyment there was tea, coffee and cake.

To book in for a session call or text **07899 970841** or email [info4bluespace@gmail.com](mailto:info4bluespace@gmail.com)

## Diary Dates

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Thursday 31<sup>st</sup> August  
Afternoon Tea to  
celebrate our 2<sup>nd</sup>  
Anniversary!  
2 - 4pm at Weybrook  
Park Golf Club.

September Meeting  
Michelle Larden,  
Palliative Care Clinical  
Nurse Specialist will be  
our guest speaker.

Thursday October 5<sup>th</sup>  
There will be no skittle  
afternoon in October.  
There will be a fun  
afternoon instead. A  
buffet will be provided,  
but you'll need to buy  
your own drinks (sorry  
about that!). Please let  
Brian know if you will be  
coming for catering  
purposes.  
2pm at The Four  
Horseshoes, Sherfield-  
On-Loddon.

Thursday 14<sup>th</sup>  
December  
Save the date for  
Christmas lunch at  
Weybrook Park Golf  
Club – more details to  
follow.

## Skittles

On our last skittles afternoon, we had the biggest turn out so far – 24! Absolutely brilliant, and what a great time we had! Lovely Pat won the mystery prize again (!) and then decided to swap it for the second mystery prize, and ended up with a giant lollipop! The look on her face was a picture. The winner of the main prize went to Ken, a very nice garden clock which he really appreciated. The winners of the skittles were the kittens (at last!), they hadn't won since January and you could hear the cheers miles away! The highest score of the afternoon was made by Roger although his bowling action would get him locked up for life, what a laugh he gave us (I'm pretty sure that you can't have two feet over the bowling line, but what do I

know, I'm only the umpire). The highlight of the afternoon was a treat for everyone, a giant marshmallow dipped in dark or milk chocolate on a stick, all of which were consumed in record time.

Any and all of our members are invited to this lovely afternoon, it costs you absolutely nothing and you will meet some of the nicest people ever, just come along and have some fun! There is only one rule which is very important – to bring a SMILE ☺

Can I just mention our hosts at the Four Horse Shoes' Jan and Lynn who give us great service, tea and coffee all afternoon and of course if required a very good lunch - we swear the steak pies are simply the best!

## Member Profile

### Harry Bates

Well, we all know this wonderful man, the one and only HARRY. His life began in 1925 in Battersea, London. He was born to mum and dad and a sister four years older, Mum unfortunately suffered a severe stroke, which meant his sister had to administer full time care.

Harry was called up for military duty during the war but was immediately deferred. The war brought great sadness to Harry, his mother was killed when a bomb struck their house, his sister spent 4 months in hospital and his brother in law 11 months. As for Harry he escaped any injury as he had left the house 30 minutes before the bomb landed.

Harry studied at Farnborough College and achieved a HN2. He then took up engineering and later went to work for British Rail where he stayed until his retirement in 1945. Harry's wife sadly passed away at the age of 58. Harry has lived alone ever since. He was diagnosed with prostate cancer 15 years ago.

Harry still finds time to go to the gym on Mondays with the group and Hook Community Centre every week. What a great guy, he has just celebrated his 92<sup>nd</sup> BIRTHDAY! Happy Birthday and thank you Harry, you are a true inspiration.



## Notices

### Terry Bailey

We are very sad to announce that our friend Terry Bailey lost his fight with Prostate Cancer earlier this month. Our thoughts go out to his family and friends at this difficult time. You will be missed very much Terry, especially at the weekly exercise group. Rest in Peace.

### Barry Eastman

It is with regret we say goodbye to Barry who has decided to leave the support group. We will miss both Barry and Pat, stalwarts of the skittles afternoon and regular faces at the group meetings. Barry was also a member of the committee. We would like to thank you both for everything you brought to the group, and wish you all the very best for the future.

## Contributors

That's all for this issue, except to say that if you'd like to contribute to our monthly newsletter, please contact me, Brian, either at one of our meetings or on the contact information below. See you all somewhere soon!

## Contact Us

The next North Hampshire Prostate Cancer Support Group Meeting will be held on

Thursday 28<sup>th</sup> September 2 – 4pm at  
Weybrook Park Golf Club  
Rooksdown Lane  
Basingstoke  
Hampshire RG24 9NT

Brian Rolfe

01256 882809

[brianrolfe2016@gmail.com](mailto:brianrolfe2016@gmail.com)